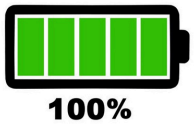
MS. MUIR'S COUNSELOR CORNER

DECEMBER 2025 NEWSLETTER

Reminder Tips for The New Trimester

*Evaluate how you did Trimester 1
*Set new goals for Trimester 2
*Organize your backpack & materials
*Make a plan to manage time effectively (including maximizing class time & staying engaged)
*Don't allow yourself to remain "stuck" (ask for help)
*Remain positive
*Take care of yourself
=> Need help with any of these? Reach out to Ms. Muir!

Questions?
Visit *calendly.com/ms_muir_counselor* to make an appointment.



Energy Takers vs. Energy Givers

Focusing on the past
Inconsistent sleep
Mess and clutter
Social media
Dehydration
Screen time
Resentment
Negativity
Junk Food

Music
Nature
Sunlight
Positivity
Gratitude
Hydration
Community
Consistent sleep
Learning something new

IMPORTANT DATES

12/01 - Delta Lottery Opens (Class of 2030)

12/05 - Red Cross Blood Drive

12/12 - Gingerbread House Event @ 3:00pm

12/15 - Winter Wishes Assembly

12/17 - Early Release @ 11:30am

12/18 through 12/31 - NO SCHOOL Winter Break

MENTAL HEALTH TIP & THIS MONTH'S HABITS OF MIND

Glass Half Full or Half Empty? (The Framing Effect)

This expression represents optimism vs. pessimism. We have a choice whether to focus on opportunities in a situation or on problems and limitations. Optimism can have several positive mental health side effects, including lower rates of depression and anxiety, increased life satisfaction and happiness, and improved stress management. How you "frame" a situation influences decision-making, perception, and your attitude.

This month's Habits of Mind:

RESPONSIBLE

Take ownership of your actions and decisions. Set meaningful personal goals and work diligently to achieve them. Positively contribute to school, home, and community through thoughtful and meaningful actions.

Students: Be sure to check your Delta email, PowerSchool, and Minga regularly.
Parents: Make sure you have both ParentSquare and PowerSchool access!